Fix It Safe

Clean

• Wash hands with warm water and soap for at least 20 seconds.
• Wash cutting boards, dishes, utensils, and counters with hot soapy water after preparing each food item and before you go on to the next food.
• Consider using paper towels to clean kitchen surfaces.
• Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. For firm-skin produce, use a vegetable brush to remove stubborn dirt.
• Sanitize all kitchen surfaces after cleaning.

Make sanitizing solution by mixing 1/4 teaspoon unscented liquid chlorine bleach in 2 cups warm (not hot) water.

Separate

• Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
• Use separate cutting boards for meats and vegetables or clean and sanitize between cutting meats and vegetables.
• Never place cooked food on a plate that was used for raw meat, poultry, seafood or eggs.

Cook

• Cook meats, poultry, eggs, fish and shellfish to safe temperature. (See below.)
• Reheat leftovers to an internal temperature of 165°F.
• Bring sauces, soups, and gravies to a boil when reheating.

Fish and seafood: 145°F
Beef and pork: 145°F
Ground beef: 160°F
Poultry: 165°F
Ground turkey and chicken: 165°F

Chill

• Refrigerate and/or freeze foods quickly. Do not leave food out more than two hours.
• Thaw meats on the bottom shelf of the refrigerator on a plate, in a pan, or sealed plastic bag (to catch juices). Never thaw meats on the counter or in the sink.
• Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
**Mini Meatloaves**

Makes 5 servings | Serving Size: 1 mini loaf

**Ingredients**
- 1 pound lean or extra-lean ground beef, ground turkey, or ground chicken
- 1 1/2 cups salsa, divided in half (See hint at bottom.)
- 1 egg, lightly beaten
- 1/4 cup dry bread crumbs
- 1/4 cup finely chopped onion
- Dash of black pepper
- Non-stick cooking spray

**Directions**
1. Heat oven to 350°F.
2. Combine all ingredients, saving half of the salsa for topping.
3. Divide into 5 equal portions. Shape into flattened loaves.
4. Spray baking dish with non-stick spray.
5. Place loaves in baking dish.
6. Spoon half of the remaining salsa on top of loaves.
7. Bake at 350°F for 20 minutes.
8. Take out of oven and spoon remaining salsa over top and bake an additional 10 minutes. Check the internal temperature with a thermometer to be sure it reaches 160°F for ground beef or 165°F for ground turkey or chicken.

**Nutrition information** Per Serving
- 150 calories
- Total Fat 4.5 g
- Saturated Fat 1.5 g
- Protein 22 g
- Total Carbohydrate 7 g
- Dietary Fiber 1 g
- Sodium 170 mg

**Temperatures**
- 160°F
- 165°F

**Hint:** Use Fresh-Made Salsa or Black Bean and Corn Salsa for added flavor and nutrients. Recipes are in *Cooking with EFNEP*.

**Check It Out!**

Visit your local library and check out a book on exercise. Or better yet, download an online video and follow along. Choose a video that the whole family will enjoy. *What day this week could you go to the library to see what they have to choose from?*